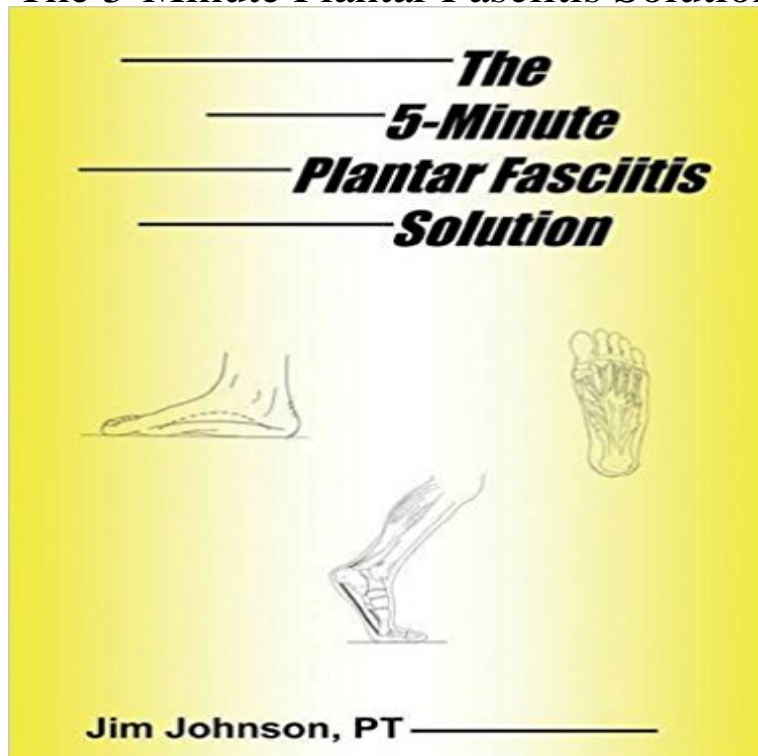


# The 5-Minute Plantar Fasciitis Solution



The 5-Minute Plantar Fasciitis Solution is a simple and quick do-it-yourself program that will help you recover from one of mankind's most common and annoying foot problems- plantar fasciitis. Drawing from the latest scientific research, The 5-Minute Plantar Fasciitis Solution details in plain language what plantar fasciitis is, how to eliminate it (without drugs, surgery, or fancy equipment), and the things you can do to prevent it from ever coming back again. And the best part? It has been proven in randomized controlled trials to work on long-term plantar fasciitis sufferers - taking only minutes a day to do!

Also by this author - Treat Your Own Iliotibial Band Syndrome, Treat Your Own Achilles Tendinitis, and Bulletproof Your Hamstrings

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